

DORCHESTER

Wednesday, December 27th 2017

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No referral for CCG review

Health scrutiny committee decides not to send proposed health service changes for independent review by Secretary of State

Lottie Welch
Reporter | lottie@viewnews.co.uk

MEMBERS of the Dorset Health Scrutiny Committee have voted not to refer the Dorset Clinical Commissioning Group's (CCG) Clinical Services Review to the health secretary for independent review.

The recommendation to refer the review to the health secretary was brought to the committee by Cllr Ros Kayes with councillors expressing concerns about travel times, lack of clear financial planning, incomplete assessment of the impact of the changes on vulnerable people, an overall bed reduction in Dorset to 178 beds and the downgrade of Poole hospital A&E.

Residents also came out to voice their support for the referral and concerns were raised on ambulance response and travel times as well as rural transport and patients being able to access the hospitals when services are integrated and moved across the county.

However, councillors received a presentation from members of Dorset CCG on where they

were with the proposals, which were given the support of the South Western Ambulance Service.

Adrian South, deputy clinical director at South Western Ambulance Service, said: "The ambulance service perspective is we accept there will be an impact on our service, we are very confident with the modelling and verified it against actual patient time."

"We are working very closely with the CCG to make sure whatever is needed of the ambulance service is appropriately commissioned to ensure that we can retain the response standards for the residents of Dorset."

Members heard from a number of local GPs who also gave their support to the proposals, as well as Patricia Miller, chief executive of Dorset County Hospital.

Cllr Ros Kayes argued that transport to the services for residents in rural areas was not adequate and the CCG should go some way to helping change that.

She said: "At every joint health scrutiny committee, the rural transport issue has been raised, the fact that this is inaccessible to local communities has been raised."

"When a body like the CCG refuses to listen to you, what alternative do you have but to hold their feet to the fire and I am convinced that this is the only way that these issues will be properly addressed."

"They said (at the joint meeting the week before week) that it is Dorset County Council's responsibility to deal with transport subsidies and they weren't going to help in any way."

"Yet the rural proofing policy from DEFRA says that bodies changing public services should consider actively financially supporting community transport schemes."

"I don't know what other way we have to get the CCG to listen to the changes we need."

Before a vote took place, Bill Pipe, chairman of the committee, said: "To vote to continue with the referral when it does not meet the criteria for referral to the secretary of state would be the wrong thing to do and clinicians support the changes proposed."

"We have five years to implement any change, to vote for a referral will gain you a few brownie points with your electorate, only to see the referral dismissed by the secretary of state."

"We need to trust the CCG and let them get on

with what they need to do."

Out of the eight councillors present at the meeting, three voted to refer the Clinical Services Review to the health secretary and five voted against.

However, the committee agreed to hold some detailed scrutiny work around the capacity and performance of the South Western Ambulance Service and transport arrangements related to the changes.

Following the decision, Cllr Ros Kayes said: "It is very sad that the undoubted pressure brought to bear on the committee by the CCG over the last few weeks has paid off."

"It still remains the case that the issue of access to services for people in west and north Dorset and the issue of transport have been fudged and if proposals go ahead as they stand, it will cause real hardship."

"I am pleased to have secured a scrutiny of the transport arrangements as well as of ambulance travel times, but these will be meaningless unless the CCG puts funding into improving these areas."

"Seventy-five thousand people in Dorset signed petitions about the CSR and their concerns have now been ignored by the committee. "The result on Kingfisher and paediatrics (see page 3) is brilliant, but must be taken with caution; the proposals have been delayed because of circumstances in Somerset and are being reviewed in the future."

"I am absolutely sure that the fight will have to go on."

New x-ray machine to improve patient services

NEW state-of-the-art x-ray equipment has arrived at the Diagnostic Imaging Department at Dorset County Hospital.

The new x-ray equipment was purchased to replace an older machine due for decommissioning in one of the x-ray rooms at the hospital.

Sue Tree, Radiology Manager at Dorset County Hospital said: "We hope that the new equipment and the refurbished examination room will improve the experience of patients attending the department."

"We would like to thank all our patients who have been so understanding whilst the new equipment was being installed."

"I would also like to thank all the diagnostic imaging staff who have worked extremely hard to minimise disruption to the hospital."



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Info at a glance ...

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Bridport Community Hospital	.(01308) 422345
Weymouth Community Hospital	.(01305) 251150
Portland Community Hospital	.(01305) 820341

DOCTORS	
NHS Direct	..111
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The Lyme Practice	.(01297) 442195
Kent House Medical Practice, Lyme Regis	.(01297) 443299
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Elms Medical Centre, Charmouth	.(01297) 561068
Abbotsbury Road Surgery, Weymouth	.(01305) 780806
Abbotsbury Road Surgery - Chickerell branch	.(01305) 761915
Lanehouse Surgery, Weymouth	.(01305) 785681
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Portland Underhill Library	.(01305) 820149
Chickerell Community Library	.(01305) 760095

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Lyme Regis Town Council	.(01297) 445175
Charmouth Parish Council	.(01297) 560826
Weymouth and Portland Borough Council	.(01305) 838000
Chickerell Town Council	.(01305) 767458
Dorchester Town Council	.(01305) 265844
Portland Town Council	.(01305) 821638

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	..101

TOURIST INFORMATION	
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Lyme Regis TIC	.(01297) 442138
Dorchester TIC	.(01305) 267992

CITIZENS' ADVICE	
Bridport CAB	.(01308) 456594
Weymouth CAB	..0344 245 1291
Dorchester CAB	..0845 231400

SAMARITANS	
Local helpline	.(01305) 771777

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Look after your mental health this winter

WHILST many people look forward to the winter months and the festive break, long dark mornings and evenings coupled with the pressure of creating a perfect Christmas and cold weather can cause many people to feel down and experience what some call the 'Winter Blues' otherwise known as seasonal affective disorder (SAD).

It's thought the winter blues, or seasonal affective disorder (SAD), affects around two million people in the UK and more than 12 million people across northern Europe. It can affect people of any age, including children.

The winter can also have a negative effect on people with a more serious mental illness with research from mental health charity Mind showing that they are almost twice as likely to be spending Christmas alone than people without a mental health problem.

Staying mentally well is just as important as keeping physically well through the winter months; there is never a one-size-fits-all solution however there are a number of things you can do to help.

SPEAK TO SOMEONE ABOUT HOW YOU ARE FEELING

If you are concerned about your feelings speak to your local GP or if one of your family or friends has expressed feelings of loneliness or despair encourage them to do so.

Mind has an online community - elefriends.org.uk - which can help support people as it allows you to share your experiences and listen to others in a safe environment.

Crisis home treatment is available to anyone registered with a GP in Dorset who is experiencing mental health issues.

To access the service, speak to your GP or other health or social care professional. You can also contact the service directly and speak to a mental health professional 24 hours a day, seven days a week.

HEALTHY DIET, HEALTHY MIND

It is important to eat well during the winter. You may crave sugary foods and carbohydrates such as chocolate, pasta and bread, but don't forget to include plenty of fresh fruit and vegetables in your diet.

Wholegrain cereals, pulses, fruit and vegetables are more filling and, because the sugar in these foods is absorbed more slowly, don't cause mood swings.



PHYSICAL ACTIVITY PLAYS A PART

Being physically active can stimulate chemicals in the brain which can lighten your mood.

You don't need to run a marathon or spend hours in the local gym - just try to get active for 30 minutes a day, five days of the week.

Get outside, if you can, as the daylight can help stop the production of melatonin - the sleep hormone - which can be high in people with symptoms of depression.

STAY IN TOUCH

With bad weather and dark evenings, it is very easy to become isolated. Keep in touch with your neighbours, family and friends.

If you find it difficult to leave the house, make use of technology to stay in touch for example email, internet phones and instant messenger applications. If you know someone who may have experienced mental health issues in the past or currently has mental health needs, take the time to speak to them or visit.

Mind has information on coping with loneliness on their website at mind.org.uk/Christmas

STICK TO A ROUTINE

If you are going away or taking time out of your usual routine - for example taking time off work - and are taking regular medication

make sure you don't run out and you continue to take them.

Remember some practices and pharmacies are closed or have reduced hours over the break so leave enough time when ordering repeat prescriptions. Not getting enough sleep can affect your physical and your mental health. Establish a bedtime routine to help you relax before you go to bed.

Make sure where you sleep is comfortable. If you are having trouble sleeping seek help to resolve stress and worries, consider causes such as medication, caffeine or physical problems.

Marianne Storey, Dorset Mind Chief Executive Officer, said: "If during the winter months and seasonal festivities you are experiencing difficulties with your mental health we are here to help.

"Our support groups are safe places to talk. And if you call our information telephone line we can direct you to many other sources of support. It is important that we all look after our mental health and wellbeing during the winter. There are some simple things that can make a big difference."

Please visit www.dorsetmind.co.uk for more information.

New report says police have 'good' approach to treating people fairly

DORSET Police and the Police & Crime Commissioner have welcomed a report which has concluded that the force's approach to treating people fairly is 'good'.

Following annual reviews of police effectiveness, efficiency, legitimacy and leadership (PEEL), Her Majesty's Inspectorate of Constabulary and Fire & Rescue Services (HMICFRS) has graded Dorset Police as 'good' overall at keeping people safe and reducing crime.

Reports published on December 12th have been welcomed by the force and the Police and Crime Commissioner.

HMICFRS inspections into Dorset Police's legitimacy and leadership, took place in May 2017.

HMICFRS considers a police force to be legitimate if it has the consent of the public, and if those working in the force consistently behave in a way that is fair, ethical, and within the law.

As part of this year's inspection, aspects of leadership were also included in the HMICFRS's assessment of legitimacy as the two areas are considered to be closely linked.

This report follows on from HMICFRS's report on efficiency, published last month, where Dorset Police was also given an overall grading as 'good'.

Findings will make up the HMICFRS annual assessment of police forces in England and Wales.

Of the 43 police

forces graded, 35 were assessed as 'good', one as 'outstanding' and six as 'require improvement'.

Deputy Chief Constable (DCC) James Vaughan said: "I am pleased that HMICFRS has assessed Dorset Police's legitimacy as 'good'.

"Policing by consent is vital to ensure that we continue to be effective and efficient in keeping our local communities safe.

"We are dedicated to providing a good service to the residents of Dorset, whilst consistently operating with fairness and respect, and we have a strong commitment to equality and diversity, both within our organisation and in the service we provide."

The report recognised Dorset Police's

dedication to treating the people it serves with fairness and respect, with officers and staff well trained in how to communicate effectively and use their coercive powers fairly, and only when necessary.

Dorset Police was found to be good at ensuring its workforce behaves ethically and lawfully, with an established process for referring ethical problems.

The force was also noted for its efforts in making it easy for members of the public to make a complaint, and is good at keeping people updated on the progress of their complaint.

The report also acknowledged that Dorset Police is experiencing some re-

sourcing pressures which can affect the wellbeing of some of officers and staff.



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Call for extended consultation on rail changes

OPPONENTS of changes to the rail timetable have called on South Western Railway to extend the consultation – and run a local session.

The nearest rail users public consultation event to Weymouth and Dorchester has been held in Bournemouth.

Protestors at a public meeting in Weymouth have now called on the company to both extend the December deadline for comments and to come to the area to talk to local rail users.

A letter has now been sent to Andy Mellors the Managing Director of SWR to express their anger that no public engagement events have been held locally.

All stations West of Poole will lose 50% of train services and the three smaller stations of Upwey, Moreton and Hamworthy will lose their through service to London so our area will be the most severely impacted by the proposed changes.

Residents at the public meeting, organised by Claudia Sorin of West Dorset Labour and Weymouth and Portland Councillor Paul Kimber, said many people were unaware of

the consultation and no one had seen any posters or information at stations.

“All those present felt that the reductions in and changes to the service will have a very detrimental impact on our area and that we will have a much worse service than the one we currently have. Views expressed outlined the negative effects that would be felt in the local economy; housing; tourism; education and leisure,” said a joint statement.

“Furthermore it was stated that the consultation has not been carried out in a fair and equitable way. Some of us had heard announcements on trains and platforms making reference to the consultation but many residents said that they had not heard anything or seen any posters or information about it. We noted that the nearest public engagement had been held at Bournemouth. In view of the fact that towns and communities West of Poole are to be the most severely impacted by the proposed changes why is there no public engagement event planned for Weymouth?”



Speaking at the public consultation

Cliff rescue

WEYMOUTH'S lifeboat stood by while the rescue helicopter snatched a distressed person from the foot of cliffs on Portland.

The incident happened just after dark, on Tuesday, December 19th, near to Blackknor Point on Portland.

A person in distress had climbed down from the cliff top onto the rocks at the base of the cliff. Portland Bill cliff rescue team sent a team member down to the bottom of the cliff.

The Coastguard helicopter was used to transfer the person to the top of the cliff to be treated by paramedics.

With the casualty safe the lifeboat was stood down at 5.40pm and returned to station at 6.15pm.

Good Ofsted review for Weymouth children's home

A RECENT Ofsted report has rated The Cherries Children's Home in Weymouth as 'good', with high praise for the staff's nurturing and sensitive approach, and the relaxed and safe environment provided for the children.

The Cherries, run by Dorset County Council, provides long term placements for children aged four to 18 years with severe learning disabilities. Key findings from the inspection, which took place in November 2017, included:

● Children's unique needs are at the centre of the care that staff provide. The quality of care provided is nurturing, sensitive and bespoke to the individualised needs of every child.

● Children were observed to be comfortable, relaxed and having fun.

● Parents are exceptionally pleased with the care and support that are provided to their children.

● The registered manager, who has managed the home for more than 20 years, is an excellent leader and has a wealth of relevant experience.

Cllr Steve Butler, county council lead member for Children's Services, said: “We are delighted that the hard work and dedication of the staff at The Cherries has been recognised in this report. It is particularly gratifying that we have had such positive endorsements from parents who acknowledge the opportuni-

ties their children have been given and the progress they have made.”

The Cherries currently cares for six children, and has consistently performed well in Ofsted. For the last two years it has been rated as outstanding. This year's

rating as good reflects the changes in the Ofsted grading system which now allow more scope for progress.

Suggested improvements at The Cherries include increased training for staff, and better monitoring of reports.

Step forward for maternity and paediatric services in Dorchester

DORSET Clinical Commissioning Group (CCG) is working to maintain a consultant-led maternity and overnight children's services in Dorchester as part of a single maternity and paediatrics service for Dorset.

The decision to create a single service for the county was made by the CCG's governing body in September, following the Clinical Services Review public consultation.

The body also agreed to 'seek to commission the delivery of consultant-led maternity services integrated across Dorset County Hospital and Yeovil District Hospital for the Dorset population'.

However, Somerset CCG has now decided to carry out a review of clinical services across its own county, which will include maternity and paediatrics.

Tim Goodson, Dorset CCG chief officer, said: “We have been in discussions with Somerset CCG around the future possible configuration of maternity and paediatrics services across Dorchester and Yeovil.

“It is now Somerset CCG's intention to carry out a full clinical service review similar to that which Dorset has already undertaken and they would wish to include the options for maternity and paediatrics services, including those at Yeovil, as part of that review.

“We know from our experience that such reviews are complex and take a considerable time to undertake and reach a decision point.

“We believe that having gone through the re-

view in Dorset and raised a number of concerns around the future sustainability of these services, that we need to give a clear steer on the future of the services. We are taking this step now to give local parents, children and staff a degree of certainty about their future.

“Dorset CCG's governing body will need to agree a way forward in the new year.

“Whilst I would not wish to pre-empt any decision, it is our intention to create a single service across Dorset and work to maintain a consultant-led maternity service and overnight paediatrics service in Dorchester, as well as at the major emergency hospital (proposed to be Bournemouth hospital).”

“If a sustainable model can be found then we will consult with the public on these proposals before making any decision.

“We will remain open to Yeovil hospital joining part or all of their services with Dorset in the future should that be the outcome of Somerset's review.”

Patricia Miller, chief executive of Dorset County Hospital NHS Foundation Trust, said: “I am delighted that the CCG has stated its intention to support the retention of these services at DCH.

“This is good news for our patients and our staff.

“I would like to thank our local residents and our staff for their patience during the last 18 months.

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Death Notice

DAGOSTINE ELLEN (VINCENT)

Passed away peacefully on 16th December 2017 at Lyme Regis nursing home aged 88 years. Loving mother to Lavinia. Funeral service to take place at East Devon Crematorium on Wednesday 10th January at 12.15 pm. Family flowers only but donations if desired to The Stroke Association c/o A J Wakely & Sons, 7a Silver Street, Lyme Regis, DT7 3HR.

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Retiring President, Frank Tough BEM, handing over the Caledonian Society chain of office to the incoming President, Janette Martindill

Caledonians 80th anniversary

SOUTH Dorset Caledonian Society will be celebrating its 80th anniversary in 2018.

The society has a busy annual calendar of events which includes ceilidhs, quizzes, BBQ's, outings, a St Andrews Night celebration, and a lunch club.

The society's flagship event is the Burns Dinner Dance which in 2018 will be on Saturday 27th January, at the Rembrandt Hotel Weymouth, 7pm until midnight. This black tie event (kilts optional) is open to both members and non-members. All net proceeds from the event will be going to Julia's House Children's Hospice. For further details, telephone Joan on 07476 237286.

The society's associated

group, the Acting Caledonians, puts on a Summer Show, or Murder Mystery Dinner, and a Pantomime in December each year.

Membership is open to all individuals born in Scotland or with at least one Scottish grandparent. Spouses or civil partners of qualifying members are also eligible to join. Those with no Scottish connection are welcome to join in the activities of the Society as Friends of SDCS. The annual subscription is only £5 per person and further details can be obtained by checking the website on www.southdorsetcaledonians.org or e-mailing the secretary on sdcsec@gmail.com.

Consultation over children's home

A CONSULTATION is about to get underway about the future of Dorchester's Maumbury House children's home.

Closure is one of the options being considered for the home, which looks after up to five children with emotional or behavioural difficulties.

Unions say that up to 30 members of staff could be made redundant if the building were to close with Dorset youngsters then being moved out of the county at greater expense.

An Ofsted inspection found the home to be 'inadequate' when it visited in the summer. The county council made a number of recommendations about changes which were needed at the time, including a new way of recruiting, training and managing staff, but these have not been implemented.

Since then regular staff shortage have increased and casual staff have been brought in to fill gaps in the rota.

The consultation, which is not open to the general public, will last approximately six weeks with a final decision on the home's future expected in the spring.

View Family Announcements

To Eva Murray

Happy 7th Birthday on 29/12/17.
Love from Grandad and Mandy xxx

JAMIE MCGOWN

Happy 21st Birthday on 18th December.
Love from Mum, Dad, Ellie & Grandma

JAMIE MCGOWN

Hope you had a great 21st Birthday on the 18th December. Love from Nan x

Happy 18th birthday to

RICKY LITTLE

Have a great day love Nan, Grandad Mum, Joss, Ben, Laura, Brooke, Lexi, Willow, and Oakley.

Happy Birthday Carol!

With love from everyone at
Fairfield House XxX

FREE FAMILY ANNOUNCEMENT FORM

Message.....

Date for insertion Wednesday __/__/__

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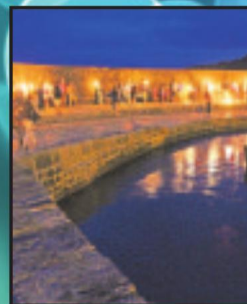
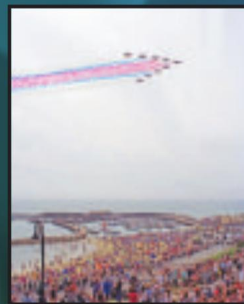
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Rotary club offers small grants to help community groups

DORCHESTER Casterbridge Rotary Club has launched its small grant scheme using the income generated by the 2017 Dorchester Marathon.

Applications are invited from local organisations with a view to encouraging, supporting and promoting projects in and for the local community.

Small grants up to £500 in value will be made to properly constituted local groups who can demonstrate a benefit to the community from their existing activities and show a specific need and further benefit as a result of receiving a grant.

Full details of the scheme and an application form are available on the Casterbridge Rotary Club Website, www.casterbridgerotary.org.uk (follow 'Marathon' links). Forms may be completed and returned on line.

Applications on-line or by post are welcomed between now and January 19th 2018, when this year's scheme closes.

The 2018 Dorchester Marathon is already scheduled for May 27th, after



■ **FUNDS raised from Dorchester Marathon will aid the grants scheme**

which it is expected that The Rotary Small Grant Scheme will once again be in a position to offer support in the local community.

For more details telephone Rotary Marathon Small Grants Committee on 07939 630212 or email SmallGrants@CasterbridgeRotary.co.uk



■ **JOHN Adams, a Casterbridge Rotarian, has been awarded a Paul Harris Fellowship, the highest award that Rotary International can give.**

John has been responsible for the inception and organisation of the very successful inaugural Dorchester Marathon and Casterbridge Half Marathon which were run in conjunction with White Star Running. The event was held on the late May Bank holiday with over 1,400 runners

taking part.

The event raised £13,000 which is now being distributed to local good causes around the Dorchester area.

Preparation are well under way for next year's event and over 900 runners have registered already, with John again leading the organisation of the event.

Rotary President Les Fry is pictured presenting the Paul Harris Fellowship award to John Adams.

Christmas support for food bank

■ **WEYMOUTH and Portland Mayor and Mayoress, Cllr Kevin & Mrs Anne Brookes, delivering a cheque to the Portland Food Bank from the Mayor's Christmas Charity Fund. They were joined by Norman Apps, Secretary from the Weymouth Lions, who administer the Fund.**



Santa gets a hand from the Lions



■ **WEYMOUTH & Portland Lions Club responded to a request from Westfield Arts College for funding to provide a small present for 84 of their younger pupils in Santa's Grotto at the school.**

John Cake, Lions Club Welfare Chairman, said that the club was only too pleased to help the college and put smiles on the faces of the pupils, particularly at this time of year.

Debbie Brewer, Parent and Pupil support worker at Westfield Arts College, said "Our younger students have had a fantastic time meeting Santa and his elf. Being given a special little gift from Santa himself made it unforgettable - they were so excited."

Common sense with money 2

THIS week it's L - Lists and Lighten your load.

Would you burn a £5 note every week? 'Of course not!' but that may be what you're doing.

Do you throw away food that could've been eaten when you first bought it but which went off in your fridge?

A survey found that the average person in the UK threw away 68 kilos of food a year, food worth

about £200.

One way to avoid wasting food is to write a list before you go shopping of exactly what you need for each meal you've planned.

Whether you shop daily, weekly or monthly the list helps you remember what you need but can also stop you making those impulse buys that lead to waste. That's our top tip: shopping lists.

What extra 'bag-

gage' do you carry around in your car?

A survey found that one in three people carry more than five items in their boot all the time: e.g. baby stuff, golf clubs, spare shoes, sports kit, tools.

The heavier your car the more fuel it burns so remove unnecessary weight.

The more miles you do in rural West Dorset the more you save. That's our second tip: lighten your load.



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Comments on future of Poundbury's Great Field

THE deadline for comments on the Duchy proposals for Poundbury's Great Field closed on Monday, January 8th.

A public exhibition about the proposals was held on Monday, December 11th.

Comments can be emailed to info@poundburygreatfield.co.uk or by telephone to 0800 840 2750 or by writing to Freepost Poundbury Great Field.

Japanese gardens

DORSET Gardens Trust have organised a special interest day open to non-members on the topic of Japanese Gardens with Yoko Kawaguchi, who lectures and writes about Japanese Gardens.

The event will take place in Cerne Abbas village hall on Tuesday, January 16th from 11am until 3.30pm with Yoko Kawaguchi.

She will talk about the meaning, history, plants and designers of Japanese gardens.

For details of the day, which includes a light lunch and refreshments, contact Annie Atherton on 01305 549300 or see www.dorsetgardentrust.co.uk

For tickets, at £39, and enquiries contact sophiamorant@gmail.com or 07779 019220.

Success for winter appeal

A DORSET Surviving Winter Appeal has raised £60,000 in less than five weeks to help older people at risk.

And with the recent drop in temperatures, Dorset Community Foundation, the charity behind the Appeal, is asking for more donations.

The Surviving Winter Appeal is an initiative which 'recycles' unwanted winter fuel allowances to help local older people in need who are at risk because of the colder weather, fuel poverty and social isolation.

The Appeal, which is in its seventh year, disperses donations to people over 60 years of age all across Dorset through the Citizens Advice

Bureau network and also the Centre for Sustainable Energy. Mr Karen Gorsham, the Bishop of Sherborne has been supporting the Appeal over the last couple of years. She explained: "Surviving Winter is a great initiative. It enables grants towards heating costs be made to the most needy in our community from donations made to the Dorset Community Foundation from those who have no real need for their fuel allowance. Whilst some of us enjoy plenty, there are those who experience fuel poverty during the winter months, particularly those in our rural areas where large sums are required to ensure an oil delivery.

And you don't need to be in receipt of a fuel allowance to give, anyone can donate to this worthwhile cause."

If you are struggling with fuel poverty and you need help, please ring Citizens Advice Bureau network on 01929 775500 or the Centre for Sustainable Energy on 0300 003 7023.

The Appeal is running until the end of March. To donate, please send a cheque made out to Dorset Community Foundation to: Dorset Community Foundation, The Spire, High Street, Poole, BH15 1DF or to donate online or find out more please visit www.dorsetcommunityfoundation.org.

Young musical talent on show in Weymouth



■ WEYMOUTH'S young musical talent was on show at St Edmund's hall with a packed audience of family and friends enjoying more than 30 acts.

Some of the performances were seasonal - Rudolf the Red Nose Reindeer and Christmas Time amongst them, but many were rock classics - Creep, Yellow, Sweet Child of Mine and I Wanna Hold Your Hand along with others.

The young performers, ranging from the under 10s to late teens, are all members of the Modern Drum Academy and put on the event as their end of year show.

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Dorset Waste Partnership top of the recycling charts

DORSET residents have helped put the Dorset Waste Partnership (DWP) at the top of a new chart that shows the best performing local authorities for recycling and protecting the environment.

What's more, Dorset's recycling rates are at an all-time high and a recent customer satisfaction survey has shown that residents continue to be happy with their waste and recycling services.

Eunomia, an independent environmental consultancy, compiles the Local Authority Recycling Carbon Index each year which measures the environmental performance of councils' recycling services.

Now in its fifth year, the index gives councils an alternative and arguably better measure of the environmental performance of their waste and recycling services.

With this indicator, it shows which local authorities' recycling services deliver the greatest carbon benefits.

The latest Carbon Index for 2015/16 saw the Dorset Waste Partnership leap from third to first place in the list of over 120 English local authorities with 111 CO₂e – which works out as the equivalent of 111 kilograms of carbon dioxide saved per Dorset resident.

In addition to this, recent figures from the Department for Environment Food & Rural Affairs (DEFRA) show that Dorset now recycles 59.4 per cent of its waste, officially ranking at 15th place out of 351 local authorities – up one place from the previous year.

In fact, when looking at comparable organisations that deliver a coun-

tywide waste collection and disposal service, the Dorset Waste Partnership is now the best-performing authority in the entire country.

This fantastic performance has been noted against a backdrop of continuing customer satisfaction with the services that the DWP provide.

Over the summer, the Dorset Waste Partnership ran a customer satisfaction survey to find out what residents thought about their recycling and rubbish services.

With over 5,000 responses from around the county, the survey was hailed as a great success. Key findings include:

- Overall satisfaction with the kerbside collection service – 87.7 per cent either very satisfied or satisfied;
- Frequency of collections – 86.3 per cent either very satisfied or satisfied
- Reliability of collection service – 91.4 per cent either very satisfied or satisfied

- 78.9 per cent of residents are very satisfied or satisfied with the behaviour/attitude of the collection staff
- 81.3 per cent of residents very satisfied or satisfied with household recycling centre opening hours

Questions were also asked regarding street cleaning, litter and the types of waste that the DWP collects.

The full results of the survey are being considered by councillors and will help inform senior officers and committees when making decisions in the future.

Councillor Tony Alford, chairman

of the DWP's Joint Committee, said: "We know that the Dorset Waste Partnership provides high-quality services, while delivering savings for our partners and helping protect the environment. The data from the

customer satisfaction survey, DEFRA and the Local Authority Recycling Carbon Index only further reinforces that belief.

Naturally we are delighted with these results, but we are already

busy planning how we can maintain this performance in the light of reducing council budgets. I would like to thank everyone for their waste reduction and recycling efforts – please keep up the good work!"

Facelifts for county's bus stops

DORSET County Council is working with bus operators across Dorset to spruce up bus stops on its core interurban routes.

They are being improved with new flags and timetable cases. Some stops are also getting new shelters and raised kerbs using developer funding.

Cllr Daryl Turner, the county council's cabinet member for the natural

and built environment, said: "Over the last few years the county's bus stops have become a bit shabby.

"This tidy up will help people know where the bus stop is, where it's going and at what time."

The cost of the facelift is being funded by the county council as part of its Passenger Transport Strategy making inter-

change between different modes easier.

Over the coming months all 3,748 bus stops will be assessed and catalogued through a new online tool which will also allow easier reporting from the public.

This will then enable priority for funding to those stops in the greatest need or have the greatest potential for in-

terchange points to link other forms of transport with bus travel. For example, adding cycle parking nearby.

Communities are also being encouraged to look after their bus stops and create a 'friends' group that can keep the area tidy.



Consultation on final mineral and waste plans

DORSET residents can have a final chance to give their say on the countywide mineral and waste plans.

The plans allocate locations for future mineral sites and waste and recycling facilities across the county. This version has considered previous comments received in earlier consultations.

At this stage comments are expected to be about the soundness of the plan and their legal compliance. Guidance on what this means

can be found at www.dorsetforyou.gov.uk

The mineral sites plan allocates suitable sites for quarrying of sand, gravel, building stones and ball clay to meet development requirements.

To have your say on either or both documents, submit your comments online at www.dorsetforyou.gov.uk/consultation or by completing a representation form available by calling 01305 228585 / 228571 or emailing mwdf@dorsetcc.gov.uk

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Christmas meet for classic car enthusiasts



CLASSIC vehicle enthusiasts gathered for their annual Christmas meeting at The Sun Inn, on the outskirts of Dorchester on Saturday.

Regulars at the Lower Burton pub found miniature steam engines chugging away, a display of cars, including a Beardsmore taxi, a 1930s MG, tractors and a gigantic tow lorry.

The Weymouth Vehicle Preservation Society, other 'classic' vehicle organisations and individuals all gather at the pub each year to display their vehicles and enjoy a Christmas meal.



Secretive wartime unit features in new Dorset Year Book edition

A SMALL rural group, trained in guerrilla tactics, including demolition, sabotage and assassination, features in the latest edition of the Dorset Year Book.

The Wrackelford Auxiliary Unit formed part of a secret army established in 1940 under the direction of Winston Churchill.

Author David Dunford uncovers the mysterious wartime story in the 2018 Dorset Year Book.

"They were to provide undercover resistance behind the lines in the event of a German invasion. The unit operated from a camouflaged bunker in a copse called 'The Rookery' opposite Wrackelford House, just north of Dorchester," he said.

A commemorative stone was unveiled this year on Stratton Village Green in memory of the Wrackelford

Patrol.

The existence of this shadowy local wartime unit is among the many Dorset stories recounted in the 2018 Dorset Year Book published by The Society of Dorset Men.

Almost 70 articles feature in the 202 pages of the current book, edited by Selwyn Williams (pictured), one of the Guardians of the Old Town Hall in Weymouth.

Selwyn read physics at King's College, London and then went into banking. He later became Transportation Survey Manager at Dorset County Council.

Selwyn is also a Freemason and involved in several other local organisations, including singing with the Dorset Wrecks sea shanties group and Chairman of the Local Underwater Archaeological Research Society.

Since his first dive at age 15, he has been fascinated by the many shipwrecks scattered in the waters around Weymouth and Portland, always a graveyard for ships in the treacherous currents and depths. He has chronicled more than 300 ships sunk off Chesil Beach, some dating to before 1700.

His book 'Treasure of the Golden Grape', tells of the dark days of Weymouth in the 16th. century, when piracy and wrecking were common.

Mr Williams commented: "This is the first year where we have had the opportunity of colour throughout the Dorset Year Book and this not only enhances the stories, poems and articles in the Year Book, but also the adverts."

"Having said that, Dorset's history is also epitomised in some of the poignant black-and-white photographs. Dorset has a rich history of explorers, pioneers, the armed forces, spies, pirates, privateers, ships,



wrecks, castles, forts - as well as its geology, flora and fauna and archaeological monuments. If you are tired of Dorset, you really are tired of living.

"We hope to open all aspects of Dorset to everyone."

The 2018 Dorset Year Book has been sent free to all society members, but is now on sale at £8 from Books Afloat in Park Street, Weymouth, Tourist Information Centres at Dorchester and Shaftesbury, Gullivers Bookshop in Wimborne, Waterstones at Dorchester and Bridport, D.J. Brookings Bookshop in Upper Parkstone, Abbey Bookshop in Sherborne, Cards & Celebrations at Easton and the Orchard Garden Centre at Shaftesbury.

Individual Dorset Year Books can be ordered by post from Alderman Andy Hutchings at 23 Hereford Road, Weymouth, Dorset DT4 0QB at a cost of £10 - including UK postage. Please make cheques payable to The Society of Dorset Men.



■ MAJOR Michael Lamparelli, Private Carl Bulman and Major Toby Hood receive the award from Lord-Lieutenant for Dorset, Angus Campbell

Armed Forces award for hospital

DORSET County Hospital has been honoured for its support of the armed forces.

The Dorchester hospital has been presented with a Silver Defence Employer Recognition Scheme Award by the Wessex Reserve Forces' and Cadets' Association.

DCH is one of only 16 organisations in the South West to be given the award in recognition of its continued support of members of the Armed Forces community.

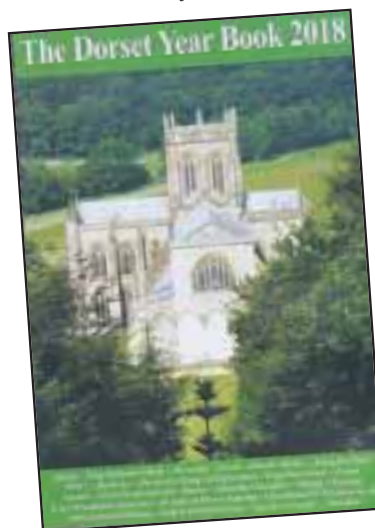
The organisation was selected to receive the award at a meeting of the Tri-Service Regional Employer Engagement Board, which recognised the exceptional work the hospital has done to support serving members of the Armed Forces, veterans and their families.

It was presented by Lord-Lieutenant Angus Campbell and received on behalf of the hospital by Major Toby Hood, a former officer in the Regular Army, who is now the Private and Overseas Patient

Manager in the hospital as well as an Army Reservist, commanding the Dorset based C Company, 6th Battalion, The Rifles.

The hospital was also represented by Major Michael Lamparelli, Consultant Colorectal Surgeon and Reservist Surgeon, and Private Carl Bulman, a Senior Healthcare Assistant with the Acute Hospital at Home Team, who both serve with 243 (Wessex) Field Hospital, Royal Army Medical Corps.

Mark Addison, chairman of Dorset County Hospital said: "We are very proud to have received this award from the Wessex Reserve Forces' and Cadets' Association. We have a number of staff employed at DCH who are retired service personnel, Reservists and Cadet Force volunteers and, as signatories of the Armed Forces Covenant, we take seriously our commitment to those who serve or have served in the Armed Forces."



Christmas cabaret for pavilion friends

THE Friends of Weymouth Pavilion are organising a post-Christmas Cabaret and Dance at the Ocean Room on Thursday, December 28th, beginning at 8pm.

Tony Lowe will be singing the classic songs of Sinatra, Buble and others as well as more recent hits. There will then be the chance to dance off those Christmas calories to the swinging beat of popular local band Replay.

Friends chairman Dave Bond said: "The days between Christmas and New Year can be something of an anti-

climax after the frenzy running up to the big day. So why not come come along to an entertaining evening with us. There will be a tombola and the bar will be open.

"We are a registered charity and would value support on the night to help the Pavilion."

Tickets cost £8.50 and are available from the Pavilion Box Office, by telephone (01305 783225) or in person, or online at weymouthpavilion.com

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NEW YEAR *New You*

What's your New Year's resolution?



Beaminster Chiropractic

THE problem with New Year's resolutions is that they're usually negative: STOP this! QUIT that! Chiropractors working in four local clinics have identified five simple POSITIVE steps that could leave you greener, lighter and richer!

Drink Water Instead

- Caffeine is a psychoactive drug: it's also in tea, cola and even some 'healthy' foods
- A bottle of wine has over 650 Calories
- More than 50% of the population drink too much alcohol or caffeine

TOP TIP: Replace two drinks of tea, coffee, cola or booze with two glasses of water.

Buy ingredients not meals

- Processed foods often have high levels of sugars, sweeteners and fat
- Seasonal vegetables have higher levels of vitamins and taste better
- Fresh, local products have a lower carbon footprint and more nutrition

TOP TIP: Cook meals in bulk – freeze the extra and microwave them for convenience food that's healthy.

Walk to Wherever

- 100 years ago, we walked over 10 miles a day, doctors say we should still walk 5
- Walking is good for your heart, lungs, digestions and bones

- Walking is much better for the environment than cars

TOP TIP: Drive less, walk more and take a stroll twice a week.

Lose Weight

- Two-thirds of UK adults are overweight; half of these are obese
- If you're overweight, you are at risk of dozens of health complications
- If you burn more Calories than you eat you WILL lose weight

TOP TIP: Aim to lose 3kg a month until your BMI is down to 23 kg/m2

Sleep Soundly

- Adults need between seven and eight hours sleep EVERY night
- Lack of sleep makes you at risk of everything from the common cold to heart attacks
- 20% of car accidents are attributed to lack of sleep

TOP TIP: Switch off electronic devices 40 minutes before a regular bedtime and do something relaxing instead.

Find out more at #5stepping via www.yeovilchiropractic.co.uk

Anyone with underlying health problems should seek the advice of a healthcare professional before undertaking the lifestyle changes suggested.

Bridport Leisure Centre

NEW YEAR, NEW YOU at Bridport Leisure Centre!

WILL YOU be joining the 21% of Brits making New Year vows this January? Of all the resolutions made, over half will be health and fitness related- and for good reason. You can add quality years to your life by making proper nutrition and exercise a lifestyle rather than something done sporadically. However, sticking to those resolutions can be no easy task. We have some tips for helping you succeed and reach your goals, however big or small, for 2018.

One of the most common reasons for failure is down to lack of motivation. It is essential then to choose an exercise that you enjoy. We have a huge variety of fitness classes and courses to choose from, including some exciting new ones for 2018. There really is something to suit all abilities and tastes.

Another way to remain motivated throughout the year is to hire a Personal Trainer. They can provide the extra push needed to keep you on track, and won't accept any excuses! We offer one-to-one PT sessions or, new for 2018, Small Group Training classes are the perfect happy medium between personal training and a

fitness class – with extra emphasis on specific training goals.

Most importantly- keep in mind that results will come over time, not overnight, so try not to feel disheartened if you don't see a difference straight away. Be flexible and open to change- don't be afraid to try something new and mix up your workouts to keep that motivation running all the way into 2018 and beyond!

For opening times and Fitness Class and Swimming times please visit www.bridportleisure.com or call 01308 427464 for further information.



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NEW YEAR *New You*

What's your New Year's resolution?



Richard Cawte Hypnotherapy

The best way to stop smoking!



IF YOU are a smoker, or know someone who would really like to quit but just hasn't been able to yet, you might like to know that help is at hand!

Clinical Hypnotherapist Richard Cawte is offering free initial consultations and a £15 discount on all private sessions throughout January 2018. Having quit using hypnosis himself, Richard is uniquely qualified to help you become a non-smoker - and to stay that way.

Hypnotherapy is the most effective single treatment for people looking to stop smoking (New Scientist). It can be quick, painless (!) and will save the average smoker around £3,600 pounds each year. That's £300 per month!

More importantly, quitting cigarettes will help you to live a longer, healthier life.

If you are ready to stop smoking, hypnosis is the way to go. To find out more, call Richard on 07894 541796 for your initial free consultation. Or come along to the Axminster Wellbeing Centre at 6pm on January 11th for a short introductory talk on how hypnosis works and why it's proven to be the best single method of becoming a non-smoker and staying that way.

Evening Class: Thursday Jan 11th 6pm
Venue: Axminster Wellbeing Centre, Chard Road, Axminster
Entry fee: £5, deducted from first private session.

Richard is a member of the British Society of Clinical Hypnosis and currently operates from Dorchester, Axminster and Honiton.

Ready for an appointment?

Call 07894 541796 and quote DR1 for your £15 Discount.

Fordington Yoga



EASE your way into the New Year with some gentle Hatha Yoga or meditation. Yoga is accessible to people of all ages and improves flexibility and mobility and posture. The breathing exercises bring calm and help maintain mental well being. Everyone enjoys the opportunity to relax!

There are also more opportunities for meditation available and if early morning is a convenient time of day for you then you may be interested in our 7am class on a Wednesday morning at Dorchester Yoga and Therapy Centre. This is a contemplative and peaceful way to start the day with 45 minutes of meditative silence with like minded people. Perhaps you can fit this in on your way to work or before a busy day starts. You are very welcome to join us. In 2018 I will also be offering weekend retreats and Yoga Days in the stunning setting of Hilfield Friary. See the website for details.



Susan Gale Hypnotherapy

Do you look after yourself too?



OR ARE you too busy making everything right for others to even think about yourself? Do you find it difficult to ask for help? Or do you always hold things in so as not to upset anyone else? Do you feel you're less important than other people? Or only valued for what you do, instead of for yourself?

Self-care is important too. You really are just as important as others. You do deserve to be treated fairly and well too.

But once self-negative attitudes and behaviours take root in the subconscious part of your mind, it can be impossible for you to change it by yourself. Leading to you feeling even more negative about yourself.

Susan Gale can use co-operative Hypnotherapy to help you see yourself in a better light. Then it's easier to help others joyfully and to help yourself sometimes too.

She takes a very practical, down to earth approach. And her long experience means she can tailor the therapy to your particular needs so you get better sooner.

Change for the better. Make the most of yourself. Make the most of your life.

Susan has been working as a hypnotherapist since 1989 and has helped many people clear many different problems. Her experience can help you break free. She is now seeing clients at the Aquae Sulis Centre on Damers Road. Take a look at her website www.beltain.co.uk or phone her on 07486 393047 to see how she could help you.



Healthy Heart Hartley

MY NAME'S Gina and I am the owner of Healthy Heart Hartley. I have various qualifications in the health, fitness & well being sector, including a degree in sport health & fitness.

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gina@healthyhearthartley.co.uk

NEW YEAR *New You*

What's your New Year's resolution?



Dave Cumber Vets

Fat 2 Fit - Keeping Fit with your Dog in 2018

HOW MANY of us start the new year with a fresh gym membership, new exercise bike or personal training sessions? These can help keep us fit, but sometimes we lack motivation and this is where your beloved pet could help. Exercising with dogs is one of the best ways of improving your health and well-being as well as that of your dog.

It's not just we humans that are getting fatter, statistics show that up to 60% of dogs and cats in the UK are clinically obese. It's not rocket science; we all know this stuff – too much food & too little exercise. And we all know the possible consequences for people & pets: Diabetes Mellitus, orthopaedic disease, heart disease, respiratory distress, high blood pressure and cancers. Let's face it; it's not much fun when every move you make leaves you breathless and exhausted. Your pet relies on you to make the best decisions for their health and well-being so why not get fitter together.

Here are 10 top tips to help you and your furry friend get the New Year off to a happier, healthier start

1. Get advice: many vets have free weight clinics. These are often run by nurses who will help set an appropriate goal weight for your pet and give you advice & support on how to achieve it

2. Be aware: risk factors for obesity include: age, certain breeds, being female, neutering and having an overweight owner – this is an actual fact.

3. Portion size: this applies to pets as much as people. There is a natural tendency for portion

size to creep upwards, so weigh your pet's food and mark your scoop so that you give the correct amount at every meal

4. Tit-bits and treats: snacks between meals make your pet fat – don't do it, it's not fair to them. If you give treats as a reward, keep them small and limit the number per day.

5. Walking: surveys have shown that 1 in 4 people admit to NEVER taking their dog for a walk. Start gently and build up to 30-60 minutes a day. Its great exercise for you and your pooch and it's a great de-stresser

6. Play: You are your dog's best friend and playmate – so play! Run around, get your pet to chase you, play hide and seek or play catch with a ball. Dogs get bored just as people do, so liveen things up a bit.

7. Play dates: many dogs love playing with other dogs and will run around playing chase for ages. Its great exercise and great for socialisation – dogs are pack animals, most enjoy canine company. Look for a local park where others walk their dogs and you and your pet can make some new friends

8. Exercise for the brain & body: many dogs enjoy a mental as well as physical challenge. Why not have a go at agility classes or Flyball. They are a fantastic way to keep your best friend entertained, socialised and fit – and you get to socialise as well. They cater for all abilities so why not give it a go?

9. CaniX: (pronounced canicross!) is getting out with your best friend and doing what they

love best – running. You run attached to your dog by a harness and most dogs take to it very quickly because dogs love to run, and it taps into their natural instincts. Take a look at www.canix.co.uk to find out more

10. Annual check up: you don't have to do this by yourself. Your local vet will be delighted to help and keep helping. When your pet is the correct weight it will be happier and healthier which is every vet's ultimate goal

You may feel your pet loves you when you give them food, but they will love you even more if you give them quality time, attention and the health to be able to get out there and enjoy life. You benefit, they benefit it's a WIN WIN – happy New year!

Full details can be found at the website www.davecumbervets.co.uk or on Facebook at [facebook.com/davecumbervets](https://www.facebook.com/davecumbervets)

Press enquiries to Julie@popcornmarketing.co.uk or Julie Cleaver 01305 774629

Sharon Lorimer

IN 2004 I qualified as a Sports and Remedial Massage Practitioner and have always advocated the combination of Pilates alongside my clients' treatments. In 2013 my passion for Pilates grew and I decided to further my skills and trained with Body Control PilatesTM in matwork Pilates.

I am a dedicated Soft Tissue Therapist & Body Control Pilates teacher who has built up a reputation over the years with Doctors, Osteopaths and other Clinical Practitioners recommending my Pilates classes & my massage therapy to their patients as part of their rehabilitation especially for those with back problems.

I have specialist training in Pilates for Osteoporosis & Level 4 Low Back Pain. More than 80% of the adult population suffers from low back pain at some point in their life. It is one of the most common reasons for people taking time off work. It may also impact upon their quality of life in other areas as well. Pilates is often recommended by medical practitioners to help alleviate low back pain.

Pilates is suitable for all ages and fitness levels, even the first time exercisers. Pilates targets the deep postural muscles, building strength from the inside out, rebalancing the body and bringing it into correct alignment. It helps to reshape your body, which will

become longer, leaner and more toned. It will also improve your posture, achieving the perfect balance between strength and flexibility, and is a great way to relieve unwanted stress and tension.

As well as group matwork classes and a special low back pain class, I also run private 1:1 Pilates sessions incorporating the Pilates reformer and other studio equipment. Pilates and Remedial Massage work really complement each other, the results can be astounding. It's so wonderful seeing how the combination of the two therapies can enrich and improve my clients' lives.

I currently run group mat classes at The Old Town Hall, High West Street on Mondays 630pm & 7:45pm; Tuesdays 10am & 6:30pm. All are welcome, for more details please contact Sharon on 07704 578535, Sharonlorimer@btinternet.com or visit www.sharonlorimerpilates.com



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What's your New Year's resolution?



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The Garden Studios

New for the New Year at The Garden Studios Bridport

FOLLOWING a busy time over Christmas and New Year with seasonal coughs and colds in abundance it is now time to boost your immune system and get your body on track for the coming of spring.

At the Garden Studios we have some changes to our timetable which we hope will encourage you to get on track, it doesn't have to be boring or painful or hard work. Looking after yourself should be fun and rewarding, every stretch should make you smile!

Julia's Tripudio class has moved to Wednesday mornings 9.30am - 10.30am. This gentle exercise to music class is deceiving - it is gentle but effective. Your lymph system will flow helping your immune system and any fluid overload, you will stretch and ease out those tight bodies, and mobilize all those stiff joints all in a fun class that demands no floor work. We exercise to music, have fun and feel relaxed yet energised. A good way to start a day!

Relax your body to help stress in your life; Stress whether due to emotional or

physical reasons is a major player in affecting your immune system and leaving you at risk of colds and flu. Yoga, meditation and relaxation sessions will assist with the mind body relationship. Our Hatha yoga classes are small groups and designed to assist your individual needs, in a warm comfortable space.

A new lunchtime session with Paul on Tuesday aims to relax, release and rejuvenate - 50 minutes of complete relaxation at 12noon.

Massage, aromatherapy and reflexology are also wonderful aides to our body maintenance, in the same way we service our cars we should take the same approach with our bodies, they require maintenance too. At your first session Julia will take a health history, and help you to plan the most appropriate treatments whether you need complete relaxation or attention to specific areas of tension or pain. Essential oils provide not just a wonderful aroma but



can be used to assist your health and well-being. The therapy room at the Garden Studio is designed to relax; warm and comfortable, soft lighting, heated massage couch and Julia's 25years of experience will provide you with the perfect environment to start your new year new you!

Stop Press - Julia and Paul have linked up with Furleigh Wine Estate for monthly Nordic Walks on their estate, check their website for more details or our face book page: Garden Studios Bridport. www.gardenstudiosbridport.co.uk.

Call Paul or Julia for more information 01308 538112.

juliagardenstudiobridport@gmail.com

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or email luke@lukehayterfitness.co.uk to book your free session

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Luke Hayter Fitness is very different to a normal gym. They are very keen to educate, as well as adding a social side to exercise, making it a fun place to come.

There are various sessions to suit all abilities. The Health Hub is a class designed for rehabilitation or someone with a low to medium level of fitness. It focuses on the basics to get you back on track. The parents class is perfect for any parent wanting to workout, but doesn't have access to childcare. Luke Hayter Fitness offer an on-site crèche to look after your little ones, whilst you get your workout in.

Fitclub is the perfect class for someone wanting to get in shape, have a good workout and a laugh. This class is specifically designed to get you into the shape that you want. The next 8-week challenge is about to start, which always achieves the best results.

Session time and days can be found on the website www.lukehayterfitness.co.uk
Contact Luke via email luke@lukehayterfitness.co.uk or call him on 07935098317



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Natalie 07500 962667

DORCHESTER
MONDAY
5.30pm & 7.30pm

Dorchester Community Church
Acland Road
Natalie 07500 962667

DORCHESTER
TUESDAY
7.30pm

Dorchester Cricket Pavilion
Weymouth Avenue
Jenna 07803 891943

WEYMOUTH
TUESDAY
9.30am & 11.30am

Upway/Broadway Memorial Hall
Victoria Avenue
Teresa 07854 402259

BRIDPORT
TUESDAY
5.30pm & 7.30pm

St Mary's Church Hall
South Street
Becs 07890 065185

WEYMOUTH
(Group Relaunch)
TUESDAY
5.30pm & 7.30pm

St Francis of Assisi Church Hall
Merradin Close
Emma 07753 179421

BEAMINSTER
WEDNESDAY
9.30am

Beaminster Public Hall
Fleet Street
Sue 07542 649812

CHARLTON DOWN
WEDNESDAY
7.30pm

Herrison Hall
Sherren Avenue
Tara 07792 668673

BRIDPORT
WEDNESDAY
9.30am & 11.30am

St Mary's Church Hall
South Street
Natalie 07879 401465

BRIDPORT
WEDNESDAY
7.30pm

Bridport Day Centre
Flood Lane
Sue 07542 649812

WYKE REGIS
WEDNESDAY
7.30pm

Wyke Regis Methodist Hall
Portland Road
Sue 07557 127878

BRIDPORT
THURSDAY
9.30am & 11.30am

Bridport WI Hall
North Street
Natalie 07879 401465

WEYMOUTH
THURSDAY
5.30pm & 7.30pm

St Paul's Church Hall
Abbotsbury Road
Teresa 07854 402259

DORCHESTER
THURSDAY
7.30pm

Dorchester Cricket Pavilion
Weymouth Avenue
Lisa 07962 075882

WEYMOUTH
THURSDAY
5.30pm & 7.30pm

Radipole Primary School
Radipole Lane
Mick 07710 146643

WEYMOUTH
(Group Relaunch)
FRIDAY
9.30am & 11.30am

Radipole United Reformed Church
Spa Road
Mick 07710 146643

WEYMOUTH
SATURDAY
8am, 10am & 12pm

Southill Community Centre
Radipole Lane
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WEYMOUTH
SATURDAY
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SUPERKING (6') wooden slatted bed base with attached headboard, from Warren Evans. As new. £80. Tel: 01297 625843

VAX Rapide Deluxe carpet and upholstery cleaner. Unboxed. Brand new £40. Tel: 01297 625843.

BUREAU. Chinese Style Bureau. Complete with Matching Stool. Fold down top and 8 drawers. 1.09cmHx43cmWx1.09cmL. £95. 07855235116. Call for photos.

FOLDING BICYCLES. Wayscral W175. 6 speed Shimano. Wheel size 20". Folded length 82cm x 38cm x 61cm. As New. £120 each or £220 for both. 07855235116. Call for photos.

CARD TABLE. Swivel top card table with green baize top. Ideal for card games. Closed L92cm x

W51cm x H72cm. Open L92cm x W102cm x H72cm. Excellent condition. £80. 07855235116 Call for photos.

CORNER UNIT. Triangular corner unit with glass doors. H180cm x 50cm x 50cm.

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GAZEBO 3m x 3m brand new never used £95 ono. Tel: 01297 561022

CTEK smart 12V trickle charger. £20. Tel: 07717847572

ADVENT AWP10 all in one printer. £20. Tel: 07717847572

VOU HAUS pressure washer. £25. Tel: 07717847572

BOSCH AHS 390W hedge trimmer £15. Tel: 07717847572

ALUMINIUM ladder. £15. Tel: 07717847572

FREE bag full of used and blank cassettes. Tel: 01308 424799

1IKEA wardrobe "Ramsby" 190cm x 80cm x 58cm. 2 door, 1 mirrored,

1 shelf and rail. Light wood. VGC. £50. Tel: 01305 837019

2IKEA "Lack" tables 55cm x 55cm. White. Both for £10. New. Tel: 01305 837019

ARMCHAIR in perfect condition. With loose washable cover. See Website: SOFASOFA 'Positano' model in Capri Linen. £75. 01305 251751

CORGI Aviation Archive military aircraft models in die-cast metal for sale, some limited editions, ranging from £10 to £25 each, all in excellent condition. Telephone: 01305 246485.

LAVAZZA Espresso coffee capsules - 8 boxes of different varieties, including 3 decaffeinated. Each box contains 16 capsules (128 capsules in total). All for sale at £14 - half price! 07810 774 244

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NINJA Coffee Bar brand new & unopened. This coffee machine is model CF060UK. Argos price is £89.99 where it gets good customer reviews so it could make a great Xmas gift. A bargain at only £45 Tel 01305 759674

DORA floral double duvet, sheet, pillow slips, valence, curtains and tie backs £20. Tel: 01308 425070

FIRESIDE blue and cream mat size five feet by three feet. £40. Tel: 01308 425070

BLACK quilted Semarang three quarter Mac size twelve £10. Tel: 01308 425070

MARKS and Spencer's per una long fur length black coat size. Medium £10. Tel: 01308 425070

PER UNA mauve sundress 12r £10. Tel: 01308 425070

PER UNA mauve cardigan £8. Tel:

01308 425070

PER UNA cerise 12r shirt with belt & 6. Tel: 01308 425070

NEW BT Converse Corded telephone white. £20. Tel: 01297 552841

RUSSELL Hobbs Deep Fat Fryer Stainless Steel Used once £35. Tel: 01297 552841

LEGGETT & Platt recliner 2 seater sofa, soft cream leather, bought from Beales, in very good condition, height 90cm, width 170cm, depth 90cm, price £225 ono. Poundbury 0780 682 6768.

ERCOL Renaissance 2 seater sofa, easy chair and foot-stool, with 4 scatter cushions, solid ash frame, colour golden dawn, Ercol collection quality fabric, brand new condition, original values £3250, £2050, £450, will accept £800, £500, £100 ono. Poundbury 0780 682 6768.

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The ultimate leisure guide
for West Dorset

VIEW 2

Ferio Saxophone Quartet kick off Concerts in the West 2018 programme

AS ONE of Europe's leading saxophone quartets of a new generation of artists, the Ferio Saxophone Quartet consistently gains enthusiastic reactions from audiences and critics alike. In February 2018, Concerts in the West audiences will have the chance to witness for themselves the versatility of the saxophone through a superbly varied programme of music performed by the quartet at venues across Devon, Dorset and Somerset, including a new venue at the CICCIC in Taunton.

In 2015 Ferio made their debut at the Purcell Room, as winners of The Philharmonia /Martins Musical Ensemble Award and during the same year they were winners of the Royal Overseas League's Ensemble Competition. The quartet was also a Park Lane Group

Artist and St John's Smith Square Young Artist for 2016-2017. Most recently, the group has performed at Edinburgh Fringe, Brighton, Newbury, Machynlleth and Petworth Festivals.

The Ferio Quartet enjoys performing new specially commissioned music, including works written by Laura Bowler and Simon Rowland-Jones. More recently they invited composer Guillermo Lago to write a new work for the quartet. The composition, inspired by three of William Wordsworth's poems, received its premiere performance at St John's Smith Square, London, in April 2017.

Ferio has signed with Chandos Records and their debut commercial CD Flux, released July 2017, has received great critical acclaim. Critics have praised

the CD highly for the choice of repertoire and the calibre of the performances.

Catherine Maddocks, the founder and director of Concerts in the West, said:

"Huw Wiggin first played for Concerts in the West in 2015, so it is with great pleasure that we welcome him back together with the other members of the Ferio Saxophone Quartet as the first in our 2018 concert series. Huw is one of the most popular saxophonists of his generation and has won numerous prizes including Commonwealth Musician of the Year. He has performed widely and is professor of saxophone at the Royal Academy of Music.

"With the Ferio Quartet, audiences will be treated to playing of the highest possible quality. Huw and his fellow musicians are tremendously expressive

and the programme they will be entertaining us with will demonstrate the powerful breadth of their musicianship. Their programme will be a wonderful start to Concerts in the West's 2018 season with plenty of energy and a superb range of textures."

Concerts in the West's founder and director Catherine Maddocks has an unerring eye for picking the cream of young classical music talent. The majority of the musicians who perform for Concerts in the West audiences are award winning performers, who have scooped some of the genre's most illustrious and sought after musical awards and prizes. Two recent cases are pianist Alexander Ullman (who performed for CiW in June 2015 and who will be returning again in October 2018 accompanied

by cellist Michael Petrov) and the Maxwell String Quartet (who played concerts from 4-6 May 2017). Alexander has just won first prize at the 11th International Franz Liszt Piano Competition, receiving €20,000 and a Career Development Programme. While the Maxwell Quartet has won the Trondheim International Chamber Music Competition 2017.

The Ferio Saxophone Quartet play a coffee concert at Bridport Arts Centre on Friday, February 16th, 11am-12noon. Tickets are £10, available from www.bridport-arts.com or by calling 01308 424204.

The Quartet then play Ilminster Arts Centre at the Meeting House on Friday, 16th at 8pm. Tickets are £15, available at www.themeeting-house.org.uk or by calling 01460 54973.



■ Ferio Saxophone Quartet

Folk festival dates confirmed for next June

DATES have been confirmed for the 2018 Wessex Folk Festival, which will take place around Weymouth Harbour on the first weekend in June (1st to 3rd).

The popular, free event attracts thousands of visitors every year with its vibrant celebration of folk music and dance. Once again there will be two outdoor stages hosting more than 30 music performances, while the streets will be brought to life by a mass of morris dancing sides.

Curtain-raiser sessions in pubs around Weymouth will start the event off on the evening of Friday June 1 with the festival proper running throughout the day on Saturday and Sunday June 2 and 3.

"We had a great festival this year, with large crowds enjoying the music and dance along the harbourside," said Festival Committee Chair, Mike Donovan. "We're already well advanced with our planning for the 2018 festival and are talking to some very exciting acts about appearing."

Musicians interested in playing at the festival still have a few days left to put in an application by visiting the website at www.wessexfolkfestival.com

The website features information about all aspects of the festival, including details of how to apply for a trade stall at the festival and how to become an event volunteer.



■ Mad Magdalen on stage at the 2017 Wessex Folk Festival (Picture by Dorsetbays)

Award-winner Christine Tobin to perform *PELT*

IN DECEMBER 2012 Christine Tobin won a BASCA British Composers Award for her spellbinding settings of poems by WB Yeats, 'Sailing to Byzantium'. The award included a PRSF commission to write new music. Tobin's latest album 'PELT' is the result of this commission. *PELT* is Christine's settings of poems and lyrics by contemporary Pulitzer Prize winning poet, Paul Muldoon.

Although a continuation of Tobin's alchemy with fine words and music and her exploration of the chemistry between the two, *PELT* marks a new direction and a new musical soundscape. *PELT* is both daring and dreamlike, passionate and playful. In a four-star review the Irish Times wrote, "Pelt strikes that most elusive of balances between familiarity and strangeness, by turns recalling Tom Waits, Kate Bush and Joni Mitchell, without being beholden to any particular genre or influence... music that veers from grungy, post-industrial grooves to wispy romanticism to abstracted contemporary classical, all played with punkish attitude."

Tobin leads her virtuosic musicians across a kaleidoscopic panorama, sometimes as junkyard blues philosopher, or snappy beat seductress, sometimes as a conduit for exquisite zen-like harmonies, or reflective Americana. The result is a rich and engaging collection with Tobin's trademark originality. The seed of the idea for setting Paul Muldoon's poems came when the pair were invited to collaborate and perform a piece at the Kilkenny Arts Festival back in 2011. Christine had long admired Muldoon's work and he was greatly impressed by her settings of WB Yeats. The texts chosen for the *PELT* collection are a mix of his poems and lyrics.

Christine Tobin performs *PELT* at Bridport Arts Centre on Thursday, January 25th at 7.30pm.



■ Christine Tobin

Live **Gigs****Saturday 30 December**

Crown Inn, Bridport

Jess Upton & The Guilty Pleasures

9.30pm. Free

Sunday 31 December

Crown Inn, Bridport

DJ Wilf

9.30pm. Free

Saturday 6 January

Crown Inn, Bridport

K2 9.30pm. Free**Sunday 7 January**

Crown Inn, Bridport

Jamming at the Crown

4pm. Free

Thursday 11 January

Marine Theatre, Lyme Regis

This is the Kit

8pm. £16.

Friday 12 January

Arts Centre, Bridport

The Zoots: Sound of the Sixties

7.30pm. £16

Saturday 13 January

Marine Theatre, Lyme Regis

Jazz Jurassic:**Leigh Coleman and****Matt Carter Trio**

Doors 6.30pm,

supper 7-8pm, music 8pm.

£22 including 2 course supper

Crown Inn, Bridport

Jackdaw

9.30pm. Free

Friday 19 January

Corn Exchange, Dorchester

Surfin' Birds:**Fuelled by Cider**

8pm. £11/£9

Saturday 20 January

Crown Inn, Bridport

Silver Bullet

9.30pm. Free

VIEW 2
TRANSMISSION

Your guide to local live music

Acclaimed singer-songwriter Emily Maguire brings new tour to Dorchester

SINGER, songwriter, composer, poet and multi-instrumentalist, Emily Maguire is truly "a talent to be reckoned with" (*RnR Magazine*), her heartfelt, thought-provoking lyrics, emotive voice and spellbinding live performances winning her fans across the globe. With a remarkable story of recovery to tell, Emily has been interviewed many times on Radio 2 and Radio 4 including 'Midweek' with Libby Purves.

Classically trained as a child on piano, cello, flute and recorder, Emily taught herself guitar aged 21 when she found herself stuck at home with fibromyalgia pain syndrome. "I started writing songs and the illness suddenly became a complete blessing in disguise as I had all this time on my hands to write", she says.

Back on her feet again and fed up with grey skies and concrete, Emily gave up her flat in London for a shack made out of recycled wood, tin and potato sacks on a goat farm in the Australian bush. Together with Aussie bass player and producer Christian Dunham, she financed her first two albums by making and selling goats cheese. "Living in the shack was one of the happiest times of my life. And despite being a terrible cook, I was actually a very good cheesemaker", she says.

Emily and Christian returned from Australia in 2007 to tour with American legend Don McLean, playing all the major UK concert halls including the Royal Albert Hall. Her third album 'Believer', released in 2009, received regular airplay on Radio 2 and won rave reviews in the music press, *Maverick Magazine* hailing it "a masterpiece". Greenpeace used her song 'Woke Up' for their climate change campaign.

Emily hid her struggles with bipolar disorder until she published her first book 'Start Over Again'. Launched on Radio 2 on World Mental Health Day in 2010, it generated a huge response from listeners moved by Emily's openness and willingness to share her experiences of psychosis and depression.

In 2014 an intensive tour of Germany trig-

gered chronic tennis elbow in Emily's arms, leaving her unable to play her instruments for 18 months. Devastated, she suffered a deep depression that lasted a year. "My fans were a life-saver", she says. "I'd get these amazing messages telling me that there was a point to all this, that my songs were really appreciated and they wanted me to come back".

In 2017, recovered again, Emily released her hauntingly beautiful fifth album 'A Bit Of Blue' (produced by Nigel Butler) to critical acclaim in the music press. She published a collection of poetry, prose and song lyrics called 'Notes From The North Pole', and sang live on Radio 2, talking to Clare Balding about her music, mental health and Buddhist faith.

Together with Christian, Emily has been touring again and entrancing audiences wherever she goes. "I am just so happy to be out there again, performing", she says. "Music to me is all about uplifting, comforting and inspiring the people listening. That's all I want to do".

Emily has done many gigs in mental health hospitals and is a patron of the UK mental health charity Restore. She was invited to perform at the World Congress of Psychiatry in Berlin in 2017 and will be touring Germany as well as the UK in 2018. Just back from recording in Australia for her sixth album, she says, "I can't wait to be touring again. I'm looking forward to playing some of the new songs that will be on my next album". Ticket links and more information can be found at www.emilymaguire.com.

Emily Maguire plays live at Dorchester Corn Exchange on Friday, February 9th.

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Sunday 31st December, 9.30pm

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01308 458077www.clocktowermusic.co.uk10a St Michael's Art & Vintage Quarter,
Bridport, DT6 3RR**Balkan Band Paprika ready to 'spice up' Artsreach programme**

Fusing together Eastern European, Balkan, Gypsy and Classical music in a whirlwind performance of frenzied virtuosity, Paprika are highly regarded as the UK's leading Balkan band. This spring these outstanding musicians are heading to Dorset for three electrifying performances through Artsreach, the counties touring arts charity.

Featuring She'Koyok's Zivorad Nikolic on accordion, Vladimir Strkalj on guitar, Marko Tesic on violin and Rastko Rasic on percussion, Paprika intersperse fiery melodies and foot-tapping rhythms with lilting laments in high-energy sets. Artsreach, an organisation committed to bringing professional performances to rural communities in Dorset, are touring this band as part of their brand new Spring Performance Programme, thanks to the support of the Arts Council, County and District Councils and local supporters Blanchards Bailey.

Yvonne Gallimore, Artsreach Co Director, said "Accordionist Zivorad has been to Dorset

in several sell out Artsreach tours as part of She'Koyokh, and so we are extremely excited to welcome him back with another acclaimed world music group."

Paprika released their eponymous album in 2011 and have performed all over the world, from New Zealand to Japan, including Womad and Glastonbury festivals and prestigious venues such as the Royal Albert Hall and the Sydney Opera House. Specialising in bringing rare or lost traditional Balkan music back to life, both the curious listener and the well-versed aficionado are sure to enjoy a host of surprises and fast-paced evening of outstanding live entertainment. See Paprika at Powerstock (01308 485287) on Friday, January 19th, Langton Matravers (01929 423834) on Satur-

day, January 20th, or Tarrant Gunville (01258 830361) on Sunday, January 21st. Full details and tickets also available from Artsreach.co.uk



■ Paprika

Diary Dates

To advertise your free diary date
email diary@viewnews.co.uk.

Deadline Monday 4pm.

UNTIL TUESDAY JAN 2nd

LYME REGIS: The seventh annual pop-up Vintage store will be selling all kinds of vintage, retro and crafted items for that perfect unusual Christmas gift. Books, clothes, toys, accessories, needlework supplies, home-ware and much much more are available at attractive prices. open daily 10.30-4.30. Free admission. The Courtyard Gallery, The Town Mill, Mill Lane, Lyme regis DT7 3PU

LYME REGIS: Unwrapped is a holiday show of inspiring handmade arts and crafts made in the southwest and ideal for Christmas presents. open daily 10.30-4.30. Free admission. The Malthouse Gallery, The Town Mill, Mill Lane, Lyme Regis DT7 3PU

THURSDAY JANUARY 4th

BRIDPORT: Come and join our Community Coffee morning in St. Swithun's Church Hall, Allington DT6 5DX, where fresh coffee and homemade cakes are served free of charge. Make some new friends and enjoy yourself. The event takes place on the first Thursday of every month between 10.45am & 11.45am

DORCHESTER: West Dorset Health Service retirement Fellowship meeting at 2pm in the Boys Brigade Hall, Sawmills Lane, DT1 2rZ when Lucy Hooper will give a talk on The Dogs' Trust.

SATURDAY JANUARY 6th

BRIDPORT: Celebrate Twelfth night with music by Tinker's Cuss Band and other local entertainment, at Bridport Town Hall, 7pm for 7.30pm. Tickets £7 (members £6), to include seasonal food and drink. There will also be a raffle, with proceeds to Bridport Millennium Green. To book your ticket call 01308 425037 or 01308 423078.

BRIDPORT: Bridport Ceilidhs opens its 2018 series of dances with a band new to Bridport, "oxford nags", teamed with caller Gill Spence. expect a great evening of dance music as with any band containing Gareth Kiddier of english Contra Dance Band. 7.30 - 11.00pm in Church House (St Mary's) Hall, South Street; Bring & Share (finger food) supper and your own tippie. no partner is needed and all are welcome regardless of experience - all dances will be talked and walked through and called throughout. entry £9 on the door, £8 if bought in advance from The Music Shop or online. Alternatively phone Monty on 01308 423 442 or email - see www.bridport-ceilidhs.wordpress.com for more information.

MONDAY JANUARY 8th

BEAMINSTER: Film: 'Dunkirk' at Beaminster public Hall. Doors 7pm, film 7.30pm. Tickets at yarn Barton 01308 862715 (weekdays 9.30-12.30 and Saturdays 9.30-1pm) or call 01308 861746. £5 in advance, or £5.50 on the door.

BURTON BRADSTOCK: Biodanza at Othona. Express, connect, relax! At Othona Community, Coast road. 7.15pm for 7.30pm. £10 per person. For more details call 01308 897130 or visit www.biodanza-bridport.co.uk

BRIDPORT: Bridport Folk Dance Club re-opens after the festive break at 7.30 - 9.30pm in the WI Hall, north Street, for its weekly dose of dancing in a variety of genre as selected by the club caller - whether the more elegant playford through to more recent dance compositions and American styles. no partner is needed and all are welcome regardless of experience - all dances will be talked and walked through and called throughout. entry £3 for members (membership £3 per year) or £4 for visitors. Also on 15th and 22nd, plus 29th with live music and guest caller. Call Monty on 01308 423 442 for more information.

BRIDPORT: Exercise to Music. WI Hall, North Street. 5.45pm. For more details call Suzanne on 01308 281882.

WEDNESDAY JANUARY 10th

MARTINSTOWN: Chair-based exercise. Martinstown Village Hall. 11am. For more details call Suzanne on 01308 281882.

FRIDAY JANUARY 12th

MARTINSTOWN: Exercise to Music. Village Hall. 10am. For more details call Suzanne on 01308 281882.

WEST BAY, BRIDPORT: Exercise to Music. WI Hall, George Street. 3pm. For more details call Suzanne on 01308 281882.

MONDAY JANUARY 15th

BRIDPORT: Exercise to Music. WI Hall, North Street. 5.45pm. For more details call Suzanne on 01308 281882.

WEDNESDAY JANUARY 17th

MARTINSTOWN: Chair-based exercise. Martinstown Village Hall. 11am. For more details call Suzanne on 01308 281882.

THURSDAY JANUARY 18th

BRIDPORT: Bridport & District Gardening Club talk. A speaker from Groves nursery will give a Gardener's Question & Answer session. 7.30pm at Womens Institute Hall, North Street.

FRIDAY JANUARY 19th

MARTINSTOWN: Exercise to Music. Village Hall. 10am. For more details call Suzanne on 01308 281882.

WEST BAY, BRIDPORT: Exercise to Music. WI Hall, George Street. 3pm. For more details call Suzanne on 01308 281882.

MONDAY JANUARY 22nd

BURTON BRADSTOCK: Biodanza at Othona. express, connect, relax! At othona Community, Coast road. 7.15pm for 7.30pm. £10 per person. For more details call 01308 897130 or visit www.biodanza-bridport.co.uk

BRIDPORT: Exercise to Music. WI Hall, North Street. 5.45pm. For more details call Suzanne on 01308 281882.

TUESDAY JANUARY 23rd

WEYMOUTH: Weymouth and portland Holzwickede Twinning Society AGM at the Council offices Commercial road, 7pm. Any nominees for the Committee should be notified to fred.flack@btinternet.com by the 9th January 2018.

WEDNESDAY JANUARY 24th

MARTINSTOWN: Chair-based exercise. Martinstown Village Hall. 11am. For more details call Suzanne on 01308 281882.

FRIDAY JANUARY 26th

MARTINSTOWN: Exercise to Music. Village Hall. 10am. For more details call Suzanne on 01308 281882.

WEST BAY, BRIDPORT: Exercise to Music. WI Hall, George Street. 3pm. For more details call Suzanne on 01308 281882.

SATURDAY JANUARY 27th

BRIDPORT: New Elizabethan Singers concert at St Swithun's Church, when they will sing 'Seven Last Words From the cross' by paul Carr, 'Magnificat' by Vivaldi, and 'Totus Tuus' by Henryk Górecki. From 7pm.

WEYMOUTH: South Dorset Caledonian Society will be holding its 80th Anniversary Burns Dinner Dance at the Rembrandt Hotel Weymouth, 7pm to Midnight. Tickets for this black tie (kilts optional) event are £30 each. All net proceeds will be going to Julia's House Children's Hospice. For further details, e-mail: sdcssec@gmail.com, quoting 'BURNS18' on subject heading.

MONDAY JANUARY 29th

BRIDPORT: Exercise to Music. WI Hall, North Street. 5.45pm. For more details call Suzanne on 01308 281882.

WEDNESDAY JANUARY 31st

MARTINSTOWN: Chair-based exercise. Martinstown Village Hall. 11am. For more details call Suzanne on 01308 281882.

THURSDAY FEBRUARY 1st

BRIDPORT: Come and join our Community Coffee morning in St. Swithun's Church Hall,

6Music favourites This Is The Kit head to Lyme

THIS Is The Kit will play the Marine Theatre as the first date of an international tour. The playful indie folk band led by Paris-based songwriter Kate Stables (pictured inset) - has earned the adoration of peers including Guy Garvey, The National and Sharon van Etten. In the last year This is the Kit have performed live in session on BBC 6music and at festivals including Glastonbury.

The new album is on Rough Trade records, home to The Strokes and Jarvis Cocker; 'Moonshine Freeze' is undoubtedly their best to date, and is produced by John Parish (PJ Harvey, M Ward).

Moonshine Freeze is a beguiling mixture of musical sophistication and something more guileless - children's games, incantations and snatches of nursery rhymes.

This Is The Kit play at the Marine Theatre on Thursday, January 11th at 8pm. Tickets are £16, available to book at online at www.marinetheatre.com or by calling the box office on 01297 442138.



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Thursday 11 January

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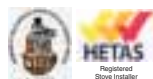
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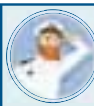
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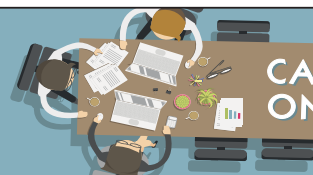
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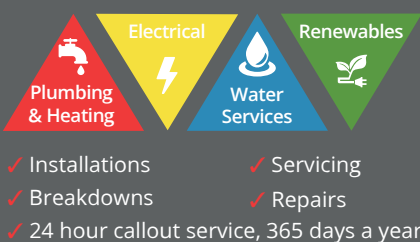
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Faster gearshifts, more fun: Double clutch transmission in the MINI

AS A brand well known for its sporty character, MINI is set to further enhance its reputation with the introduction of a new transmission to the range. Extremely fast gear changes, a high degree of shift comfort and optimised efficiency – just some of the benefits of the new 7-speed Steptronic automatic double clutch transmission available for the MINI 3-Door Hatch, MINI 5-Door Hatch and the MINI Convertible. Customers can now order this new transmission in conjunction with selected engine variants as an alternative to the standard 6-speed manual transmission.

The double clutch transmission is operated by a newly designed electronic selector lever. Further enhancing the premium character of the vehicle, the new selector lever always returns to its original position after changing between driving mode D, neutral position N and reverse mode. The parking lock is activated by pressing the P button. S mode can be activated by shifting the selector lever to the left from position D, allowing the driver manual intervention. The electronic controller paired with the new double clutch transmission includes a shift strategy based on navigation data and supports both the engine start/stop function as well as coasting in order to reduce fuel consumption and emissions.

Design principles

The design principle of the double clutch transmission has been adapted directly from motor racing. Just like on the race track, it allows MINI drivers to accelerate by enabling upward gearshifts without torque interruption. The driver can keep the accelerator pedal pressed down while the transmission control sets the shift points precisely – within just a fraction of a second the ideal engine speed is always available after the gearshift to ensure a continuous increase in speed.

This is possible due to the specific structure of the double clutch transmission. It combines two partial transmissions in a single housing. The core element of the system consists of two oil-cooled wet clutches: one of these is responsible for the even transmission ratios (2, 4, 6) while the other is for the uneven ratios (1, 3, 5, 7) and reverse. During travel, one of the two clutches is open and the other is closed. They interact when the driver shifts up or down: opening one clutch activates closure of the second at the same time.

Transmission control

In order to have the appropriate gear ready for the next shift, the electronic control system of the new double clutch transmission permanently analyses the driver's intentions and the situation on the road. This analysis incorporates

numerous data points, including the accelerator position, engine speed, road speed and MINI driving mode. As a result, fast gearshifts can be made to respond appropriately to sudden changes. If acceleration has to be unexpectedly interrupted, for instance, the double clutch transmission takes no more than a fraction of a second to make the next gear down available instead of the next gear up.

The parallel opening and closing of the clutches makes acceleration and deceleration manoeuvres not just faster but also smoother. Acoustically, the gearshifts can only be perceived in the fast succession of rev changes. There are no load change reactions as are common with manual transmissions.

Enhanced performance

The increase in drive positions compared with the 6-speed manual transmission benefits both performance and comfort. The seven gear double clutch transmission enables a broader spread of gears, thereby reducing the differences in engine speed between the various drive positions. Together with the direct engine link that is characteristic of the double clutch transmission, the reduced rev jumps intensify driving fun when accelerating. This applies to automatic shifts in D and S modes as well as to manual interventions in the selection of drive positions in M mode. In S mode the

gearshifts occur at increased engine speeds and with further increased shift dynamics. In S mode, the driver can also spontaneously switch to manual shifting. Here, manual gear selection is sequential. The selector lever is briefly moved forward to shift down and raised slightly in order to move up to the next higher gear.

In automatic mode, the system can be enhanced by linking the transmission control to the optional MINI Navigation System. The double clutch transmission control unit is then able to draw on navigation data to adapt its shift strategy to the road ahead. When approaching a sharp bend or junction, for example, a downshift is made early in order to make use of the engine braking effect for deceleration purposes. When passing through two bends in quick succession, the drive position engaged after downshifting is maintained in order to avoid any unnecessary shifting and ensure the ideal gear is available for powerful acceleration on exiting the bend.

Like a conventional converter system, the double clutch transmission also offers a crawl function that enables smooth set-off without needing the driver to touch the accelerator pedal, thereby increasing comfort when manoeuvring or in slow moving or queuing traffic. The dual-mass flywheel with integrated centrifur-

gal pendulum develops its positive effect when driving at low revs: it balances out rotational unevenness in the event of a sudden torque request, thereby promoting vibrational and acoustic comfort when accelerating out of the low engine speed range.

Optimised efficiency

The 7-speed double clutch transmission electronic control system offers a wide range of progressive functions to increase the efficiency of the MINI. In order to avoid unnecessary consumption of fuel when stationary, the double clutch transmission also allows use of the engine start/stop function.

In addition, the coasting function is available in both the MID

and GREEN driving modes. Here the drivetrain is decoupled as soon as the driver removes their foot from the accelerator pedal. This allows the MINI to roll along at idling speed – free of any engine braking effect, minimising fuel consumption. The coasting function can be adapted more precisely to the driving situation if the vehicle is fitted with the MINI Navigation System or Driver Assistance Systems. If there is a need to apply the brakes based on navigation data or camera images, for example, because the MINI is approaching a junction or another road user ahead, the coasting function is suppressed to make use of the engine braking effect.



■ Double clutch transmission in the MINI



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09 (59) FORD FUSION ZETEC 1.4 Petrol, 5 Door Hatchback in Moondust Silver Metallic, Alloys, Radio/CD, A/C, Heated Front Screen, Frt Fog Lights, Locally Owned, 26000 miles appx**SOLD**

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All-new Nissan Micra's 1.0-litre engine offers outstanding urban performance

THE entry level 1.0-litre version of the all-new Nissan Micra is playing a key role in the hatchback's sales success.

Customers are clearly impressed with its perfect balance of urban performance and low running costs.

The highly efficient 71PS three-cylinder unit has accounted for 20% of orders across Europe since it went on sale earlier this year. However, that figure is forecast to rise even higher, to 23% by next March – the end of FY17.

With approximately 46,000 new Micra sold, it means close to 10,000 customers are already enjoying the 1.0 engine's frugal performance.

Naturally aspirated, the engine is linked to a five-speed manual transmission. This powertrain results in official Combined Cycle fuel economy of 4.6 litres/100km and CO₂ emissions of 103g/km when running on 15 or 16-inch wheels.

The 1.0-litre 71PS is one of three refined engines which available on the all-new Micra. The others are a 0.9-litre 90PS three-cylinder turbo

petrol and the 1.5-litre 90PS four-cylinder diesel.

Offering a 71PS engine makes the Micra more accessible than ever before. It extends Nissan's coverage within the European B-hatchback segment to 65% of all vehicles sold.

With more than half of all European B-hatchback vehicles sold in the 61-100PS category, the Micra is perfectly positioned to meet the needs of small car consumers.

The 1.0-litre 71PS engine is available on three grades, from entry level Visia to mid-range Acenta.

The new Nissan Micra is quite simply a revolution. It is a radical progression from the model it has replaced, and from the trio of highly successful superminis which date back to the Micra's debut in Europe in 1983.

Longer, wider and lower than ever before, the all-new Micra has been conceived, designed and engineered with European B-hatchback consumers' requirements at the top of the agenda.

And those who have already

bought one are thrilled with it. Scores and comments posted via independent reviews organisation Reevo have revealed an impressive average of 8.8 out of 10. A third of reviewers have awarded their Micra top marks – 10 out of 10.

Key to the all-new Micra's appeal is the car's athletic and expressive exterior design, which moves the Micra name plate in a daring new direction. The contemporary look and premium feel continues inside, with a high-quality cabin that boasts two-tone soft-touch materials as standard across the range.

With a wheelbase that's 75mm longer than its predecessor, it features segment-leading interior space for front seat occupants.

The all-new Micra is also a technology leader, with a number of features which are not only new to the Micra but new to the segment. These include Intelligent Lane Intervention, a safety system which gently corrects the Micra back on to the right path should it be required. These advanced driver as-

sistance technologies help the Micra to a four-star Euro NCAP rating (five stars in the UK).

Also unique to Micra is the BOSE Personal audio system, which features speakers built into the driver's head rest for an immersive 360° sound experience. The new Micra is available with a wide range of personalisation options,

allowing owners to modify the exterior and interior with premium components in a variety of stylish and contemporary colours.

The new Micra is also a fantastic car to drive, with a dynamic performance that is the perfect balance between agility, excitement and the secure feeling that comes with confident and predictable handling.



■ All-new Nissan Micra

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Cribbage

LYME REGIS
RESULTS: Talbot
Arms 2 Ship Inn LR 3,
Lamb Swans 2 Nags
Head 2, New Inn Kiln
B 3 Colyton Club 2, Ax
Con Club 2 Dolphin 3.

Beer League: Talbot
Arms 2 Ship Inn LR 1,
Lamb Swans 2 Nags
Head 1, New Inn Kiln
B 1 Colyton Club 2, Ax
Con Club 2 Dolphin 1.

League Table - wk 15	Pld	Pts
Nags Head	13	37
Gerrard Arms	12	34
Colyton Club	13	34
New Inn Kiln A	12	33
Ship LR	12	33
Lamb Swans	13	33
Dolphin Beer	13	32
Axminster Con Club	14	31
Talbot Arms	12	28
Stapps	12	25
New Inn Kiln B	12	25

Beer Lge	Pld	Pts
Axminster Con Club	14	24
Colyton Club	13	22
Gerrard Arms	12	21
Lamb Swans	13	20
New Inn Kiln A	12	19
Ship Inn LR	12	19
New Inn Kiln B	12	19
Dolphin Beer	13	17
Talbot Arms	12	16
Stapps	12	15
Nags Head	13	15

Dorch Snooker

Express top
at New Year

Dorchester & Dist
LATEST results; WDC
Team Shaky 0 Colliton
Hopefuls 6, Trinity M 6
Trinity Express 2,
Purbeck Potters 5 WDC
Whipping Boys 2.

Top breaks: None.
Top break of the season: Evan Wellman
(WD Club A) 54.

Rearranged league matches; WDC
YYMFD v Trinity M
Thursday (January
11th), West Dorset Club
A v Trinity M Thursday
(January 25th), West
Dorset Club A v
Purbeck Potters Monday
(March 5th).

Team Open KO Cup
WDC Team Shaky 4
Trinity Express 3, WDC
YYMFD 2 Trinity M 4,
Colliton Hopefuls 1
West Dorset Club A 4,
Purbeck Potters 4
WDC Whipping Boys 0
(w/o).

SF draw; Trinity M v
West Dorset Club A
(February 21st at Colliton
Club), Purbeck Potters
v WDC Team Shaky
(February 22nd at Colliton
Club).

Table week 9	Pld	Pts
Trinity Express	8	33
Colliton Hopefuls	8	33
Trinity M	6	30
WDC Team Shaky	8	28
Colliton XQ2017	8	27
Purbeck Potters	7	25
WDC YYMFD	6	23
West Dorset Club A	5	22
WDC Whipping Boys	8	13

Football - PSDL Division One cup final preview

Hounds hungry for third ko cup

Farway United v
Waytown Hounds
Perry Street & District League
Division One Cup Final

(Saturday, December 30th 1.30pm
ko at Kingsbury Episcopi FC)

THERE is sure to be a new name on the 63-year-old Division One cup.

Netherbury-based Waytown Hounds are one of the Perry Street League's newer teams having been formed in 2008. Since then the club has made steady progress up through the divisions and are now in their third season in Division One.

Along the way The Hounds have featured in seven cup finals winning twice; the now defunct Lusochard were beaten 4-2 in the John Fowler Cup in 2012 and Chard United Reserves 2-0 in Reg Eglon competition a year earlier.

Joe Carter, in his second season in charge, having succeeded club legend Mark Hughes as manager,

has piloted his side to fifth spot in the table boosted by skipper Jon Legg's 16 goals in 11 matches.

Farway United's history is longer and subsequently more varied. Formed in 1935, the pinnacle of their success in the PSDL came in the form of a Premier Division runners-up spot behind champions Lyme Regis in 2004-05.

The previous season the

team reached the Devon Intermediate Cup final for the first, and currently only, time in their history where they were well beaten 6-0 by the Plymouth-based Kevin Purdy Roofing team.

Recent years haven't so kind to the Eastlee Park club as their first team suffered two relegations in the three seasons.

But long serving manager Andy Baily has returned to the helm and the club is clearly on the up.



Promotion from Division Two and triumphs in both the Tommy Tabberer and Kenny Hodges cup finals last season clearly show Baily's boys don't freeze on the big occasion – this could be the deciding factor.

This season Farway have held the upper hand in matches between the two clubs with a 2-2 draw at Netherbury and Ben Fullick scoring four in a 4-2 home win.

The East Devon club will hold a mark of respect before the game for Jon Lee who died recently at the age of 75.

"Jon was 'Mr Farway' in the 70s/80s. He was the one who got a gang together to dif our current pitch out of the bank with limited tools.

"We may never have had our Eastlee Park home if not for him," said Farway chairman Steve Loud.

Postcode for the Kingsbury ground is TA12 6BB.

Cricket

Testimonial year ahead for popular Tresco

SOMERSET County Cricket Club have announced that Marcus Trescothick has been awarded a Testimonial Year in 2018.

Marcus first played for Somerset in 1993 and has since gone on to make over 800 appearances scoring over 28,000 runs across all three formats of the game.

A former Somerset captain, he has scored more centuries and taken more catches for the Club than any other player.

In 2005 he was named as a Wisden Cricketer of the Year after playing a vital role as England finally reclaimed the Ashes.

Trescothick, who turns 42 on Christmas Day, made his England debut in 2000 and featured in 76 Tests, 123 ODIs and three IT20s.

He holds the record for the most ODI centuries of any English player, and for the fastest half-century in English

Twenty20 cricket and is also a three-time winner of the PCA Player of the Year award.

Following the announcement he said: "I feel extremely honoured to have been granted a Testimonial in 2018. This Club is unique and it has been an absolute privilege to play here for over 25 years.

"I consider myself to be extremely fortunate to have had such a long career and I still have the same enthusiasm for the game."

Somerset CEO Lee Cooper said: "When you think of Somerset County Cricket Club you think of Marcus Trescothick. He embodies everything that is good about this Club. His passion for the game is second to none and the manner in which he conducts himself both on and off the field is exemplary.

"I have no doubt that our Members and supporters will get behind Marcus and his Testimonial Committee."



■ HISTORY MAKER:
Marcus Trescothick



■ **HELPING, AND HUMBLD:** The Weymouth first team players and staff made a visit to a Weymouth Food Bank, operating out of Weymouth Baptist Church on the Esplanade. The players and Mark Molesley met Brenda Woodsford, a volunteer at the food bank, who then showed the team around the food stores and explained how the food bank works. The players presented food collected from all of the playing squad and staff. Manager, Mark Molesley was humbled when visiting the food bank, 'Meeting Brenda and hearing about the work that's being done at the food bank has been a great experience for myself and the players. We wanted to support a local charity and although Christmas is a great family occasion, it can also be very tough for some people. We were all pretty humbled to hear some of Brenda's stories and to see the wonderful work being done for ourselves'.

Photo from WFC

Darts

BRIDPORT

Division One	Pld	Pts
Rob's Robbers	11	21
Hands of Time	11	19
BSC	10	14
Nomads	11	14
Well Hung Clocks	10	13
Nags Head A	11	10
Respect-de-Bull	11	10
4 Drunks & A Driver	11	9
Five Sticky Fingers	11	8
One for the Vikings	11	7
Young Darters	11	5
Les Miserables	11	0

180s: L.Cox, S.Alner, R.Cross

A.Parker & S.Harvey all x4,

M.Barnett, M.Savage,

T.Prowse, G.Knight & J.Vick-

ery all x3, 11 players x2.

Division Two

Pld	Pts
Elders	11 22
Rubber Johns	11 20
Odds or Us	11 20
Poachers	11 11
Mis Fits	11 11
No Direction	11 10
Dart Vaders	10 10
The Surgeons	11 7
Otter Rotters	10 7
Anchor Five	11 7
Wicked TN	11 5
No Chance	11 3

180s: C.Higgs 4, F.Jones 3,

D.Sorrell 2, P.Moye, S.Adams,

T.Bond, T.Young R.Moye, &

T.Symonds all x1.

Division Three

Pld	Pts
Anchor Vale View	10 17
Stumpies Stallions	10 17
Time Bombs	10 14
Whamo	10 12
Dat Team	10 11
Midnight Runners	9 9
The Shoplifters	9 8
On me Tab	9 7
Dodgers	10 5
Odds & Sods	9 5
Ben's Followers	9 3

180s: P.Gumbrell, M.Brock,

C.Eaton & T.Stickley all x1.

Ladies Div One

Pld	Pts
Anchor Aces	11 21
Arrows Awry	11 19
Queens Bees	11 19
Castaways	11 15
Queenies OTC	11 14
Sue's Rebels	11 11
Against the Odds	11 10
Li's Hopefuls	11 8
Diamonds ITR	10 8
Charlie's Angels	10 6
Good Mates	12 4
Tiger Stripes	10 3
Double Trouble	10 2

Most wins: Five players all x10.

Skittles

BRIDPORT

CUP fixtures for week beginning Monday, January 8th

Mixed Pairs (R2)

Tuesday, Jan 9th

BRADPOLE CLUB - E & M
Hooper; M & N Powell;
E & N Tuck; M Hans-
ford & M Horton; H & A
Pauiley; J & B Cook; S
Gale & N Broad; J
Symes & N Pauiley.

Wednesday, Jan 10th

BRIDPORT FC - C Huxter
& M Huxter; K & L
Groves; S & T Luter; N
Gurd & M Howells; C
Hopkins & C Lambert;
M Gudge & S Newman;
S & H Yeatman; J
Brooks & G Brooks.

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INSIDE: Festive sport round-up

Lucky Laura is quids in!



■ **WINNER:** Dorchester Town assistant manager Trevor Senior presents supporter Laura Whitehead with her winnings from the club's 'Predict the Score' competition.

Photo by PHIL STANDFIELD



■ **READY FOR ACTION:** Portland United Reserves' captain Adam Anstey (centre) and joint vice captains Matt Camp (left) and Adam Linaker show off the new warm up tops sponsored by Weymouth Precision Engineers (WPE).

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CHECKLIST CHECK BEFORE YOU BUY

- ✓ QUALITY OF THE PRODUCT
- ✓ AVAILABILITY
- ✓ READY ASSEMBLED
- ✓ PRICE

BE CONFIDENT IN WHAT YOU BUY

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